



**Healthy Equation for Healthy Kids Curriculum  
(3<sup>rd</sup> – 6<sup>th</sup> grades)**



## Healthy Equation for Healthy Kids

Over the past 25 years there has been a dramatic increase in childhood obesity. Obesity places young people at risk for life-long health problems such as high blood pressure, heart disease, diabetes and depression. This is not a concern based on looks or appearance; this is about an individual's health. The disturbing fact is that obese children often become obese adults.

The ultimate goal is to educate students on the related topics and to explore and precipitate healthy lifestyle behavior changes. We hope to address the healthy lifestyle behaviors that affect children, so we can make a difference in their lives today and tomorrow.

The 8 Lessons Plans provide a list of **Objectives, Key Messages, Materials Needed** and **Follow-Up Activities and/or Discussions**. In addition, instruction for a **Physical Activity** is provided at the beginning of each lesson. You can determine when and where it is best to include this into the lesson. (Ex: after lesson discussion, before lesson begins, as a classroom break later in day for reinforcement).

The purpose of offering this curriculum to schools is to not only provide comprehensive lessons related to health and nutrition, but to also encourage and incorporate physical activity into the classroom setting. The physical activities are presented in a non-threatening, non-competitive, interactive and fun manner. By including short bursts of physical activity into the classroom, recent studies have shown that overall classroom/student attentiveness improves. In addition, students are better able to retain new information when they have engaged in physical activities prior to and/or during the acquisition of this new information.

It is strongly suggested that the instructor familiarize her/himself with the materials needed and information provided so s/he will be appropriately prepared to deliver the lessons. (Example: Lesson 8 – Materials Needed include a variety of empty soft-drink beverage containers with Nutrition Facts labels attached).

We hope that you will enjoy sharing these lessons with your students, and that all involved will benefit from developing their own healthy lifestyle goals and plans for change and/or improvement. Together we can build healthier schools!

## Table of Contents:

- **Lesson # 1:**      **Healthy Kids Equation: A Picture of Health**
- **Lesson # 2:**      What Exactly Am I Eating?  
Nutrition Facts Labels and More
- **Lesson # 3:**      The Balancing Act (Calories In; Calories Out)
- **Lesson # 4:**      Keep Moving!
- **Lesson # 5:**      Starting Your Day the Healthy Way
- **Lesson # 6:**      It's Cool to Be Unplugged
- **Lesson # 7:**      Smart Snacking
- **Lesson # 8:**      What Are You Gulping?
- **Curriculum Resources**